



TAKE CHARGE!

Family Planning Hotline
1-800-770-4334

**Emergency Contraception
Hotline**
1-888-NOT-2-LATE
(1-888-668-2528)

Why TAKE CHARGE is important to you:

- gives you 5 years of free family planning services
- get contraceptive methods before a pregnancy occurs

Use your TAKE CHARGE card to get:

Annual exam	IUD
Birth control pills	Lunelle or Depo Provera shot
Diaphragm or cervical cap	Emergency contraception
Norplant implant	Sterilization for men or women
Condoms (male and female) contraceptive foam, film, gel, and suppositories <i>at a pharmacy without a prescription</i>	

**Call the Family Planning Hotline to find a provider.
It's your future — TAKE CHARGE of your life!**

Washington State Department of Social and Health Services